



PODAR INTERNATIONAL SCHOOL, MANGALORE

(CBSE Affiliation No -831054, School code – 46680)

Ref No: PIS/ACT/SEAT/2026-27/30

Dear Parents/Guardians,

Greetings from Podar International School Mangalore!!!!

“National Sports Day”

National Sports Day is celebrated every year in India on 29 August to commemorate the birth anniversary of the legendary Indian hockey player, Major Dhyan Chand



MINI MARATHON



On this occasion, we are organizing a Mini Marathon on 27 August 2026 to promote fitness, sportsmanship, and a healthy lifestyle among students.

Interested students are requested to enroll their names with their respective Class Teachers on or before 20 August 2026.

Late entries will not be accepted.

Competition details as follows:-

Category A- Grade I and II (Boys and Girls)

Starting Point: Near Bridge (MV Shetty College)

Finishing Point: For Boys- School Entrance (through the Main gate)

For Girls – School Entrance (through the Main gate)

Category B- Grade III and V (Boys and Girls)

Starting Point: Near HP Gas Godown

Finishing Point: For Boys- School Entrance (through the Main gate)

For Girls – School Entrance (through the Main gate)

Category C- Grade VI to VIII (Boys and Girls)

and Category D -IX and X (Boys and Girls)

Starting Point: School Gate

Route:- School Gate – Trisha college road.

Finishing Point: For Boys- School Entrance (through the Main gate)

For Girls – School Entrance (through the Main gate)

Guidelines:

In each category best 3 places will be considered for boys and girls separately

Briefing sessions will be conducted for the participants.

Results of the competition will be intimated through mail.

Certificates will be given to winners.

SPECIAL AWARENESS SESSION

As part of the **National Sports Day 2026 celebration**, a special awareness session will be conducted for students of **Grades VI to X**.

Date: 29 August 2026 (Saturday)

Topic: Importance of Warm-up, Cool-down and Prevention of Sports Injuries

Objectives

- To understand the importance of proper **warm-up** before physical activity.
- To learn the benefits of **cool-down** after exercise.
- To create awareness about common **sports injuries and their prevention**.
- To promote **safe participation** in sports and physical activities.


In charge


Principal